

LIFE ASSISTANCE NEWS

WELLNESS & PROACTIVE LIFE TIPS

March 2009

"In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive."
- Lee Iacocca

Work Life Tips

⇒ **Signs of Being Overly Stressed**

- Lack of joy from previously pleasurable activities
- Easily frustrated by simple tasks or behaviors
- Too much or too little sleep and a lack of energy
- Trouble with concentrating and decision making
- Mood changes
- Using drugs or alcohol to relieve stress
- Eating more or eating less

⇒ **What Can Help Reduce Stress?**

- Make certain you're getting enough sleep on a regular basis. Studies show that 42% of people don't get the recommended amount of sleep.
- Realize that alcohol is a depressant and can contribute to stress rather than lighten it.
- Wellness and Exercise programs help to relieve stress. Try to increase your daily amount.
- Manage your time effectively & simplify your life.
- Talk to somebody. A person separated from the issue is more likely to see things clearly than a person stuck in the middle. Your Life Assistance Partner has access to thousands of professional counselors who deal with people being over-stressed on a daily basis. If you need help call today. (800) 926-9619.



Seeing is Believing & Believing is Seeing!



Increasingly, people are becoming more aware of how their positive or negative thoughts influence their levels of stress, emotions, behaviors, and relationships. We've all learned that it isn't easy to let go of the traditional black and white way of thinking. It's difficult to adapt to newer ways of thinking. The message often quoted, *"Don't Believe Everything You Think,"* is a powerful reminder that in any given moment you have the ability to edit the opinions and decisions you've accumulated over the years.

Just as history in text books sometimes need to be rewritten and updated based on new information. We also need to realize that just because we've always done something a particular way doesn't mean that it will always be the best way to continue completing a task. The sooner we're able to minimize the pessimistic feelings that occur from living in the modern day, the sooner we'll be able to lessen the stressors that stem from negative thoughts.

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My Comfort Zone

Success almost always requires stepping out of your comfort zone. The next time your anxieties start clawing at your willingness to explore a new workplace opportunity, remember that it's natural to feel unfit for a task at first. Expect to fumble a bit until you get your footing. Living up to your potential doesn't include firm instructions or a "paint-by-numbers" approach. False starts and dead ends happen. Don't be discouraged. *Follow this rule: You know more than you think you do.* The key is applying old experiences to new situations, getting feedback, and making adjustments until you excel. Then move on to the next challenge.

Attitude is Choice in a Rough Economy

Being laid off is a reality that more and more people are having to face as economic times get tough. Yet, don't succumb to depression over facing being laid off. Much is still within your control! Attitude is a choice. Choose to see things for what they are—a potential opportunity. This could be an opportunity to explore working from home or starting a small business or spending more quality time with your family. Adjusting your attitude about the situation helps to reduce stress. Make sure to prepare yourself as best you can ahead of time financially and emotionally. Most important, don't worry yourself to death—attitude is choice.



FREE Courses to all EAP Employees and Dependents

The Blomquist Hale Employee & Life Assistance Program (EAP) offers FREE courses to all covered employees and their dependents. Courses are designed to help understand and react to life's problems using proven methodology. Courses include a variety of topics such as:

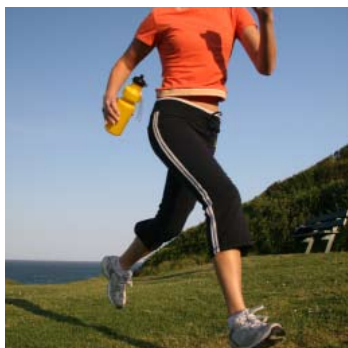
Financial Stability
Marriage - The Art of Love
Productive Parenting
Health & Wellness
More...

For a complete list, dates and times of courses, visit www.blomquisthale.com. Even more, if you are experiencing something distressing in your life call to schedule an appointment with a Blomquist Hale professional counselor today.

Your Respectful Workplace

Many behaviors commonly exhibited by employees can be detrimental to the well-being and productivity of coworkers. A lack of respect in the workplace, if left unchecked, will drag down morale, create higher turnover, and increase risks to the employer. *Do you contribute to a respectful workplace?* Being respectful of others isn't about "censorship" or "walking on egg shells." It's about awareness so you can practice self-discipline—knowing the powerful impact we all have on each other and knowing that each person has a vital role in creating the type workplace that we all want to share.

The Slow & Steady Course Wins the Race



Treat your work like a marathon rather than a sprint and you'll get more done in less time. Start by warming up with a few easy tasks, and slowly increase your pace until you hit a comfortable rhythm. Take frequent, short breaks. If you don't, you will experience fatigue followed by vulnerability to distractions. This is your body's way of saying "Enough!" These distractions can morph into procrastination, which will usually keep you away from work longer than planned breaks would!

Information in the Employee Assistance News is not intended to replace counsel or advice of qualified health professionals. For help with personal concerns or for a referral to community resources, consult with a physician, a qualified health care provider or with Blomquist Hale as your Employee Assistance Professional 800-926-9619.

ART & SCIENCE OF LOVE

~ A WORKSHOP FOR COUPLES ~

Strategies to Create Emotional Depth in Relationships.

'The Art of Science and Love: A Workshop For Couples,' is a proven guide to help partners in relationships reach their highest potential. Drs. John and Julie Gottman have studied and helped thousands of marriages for over 25 years. This highly acclaimed workshop uses research based relationship guidance and interactive exercises to help transform lives.

A Few Relationship Workshop Tips:

- **Seek Help Early** - Average couples wait 6 years before seeking help.
- **Edit Yourself** - Avoid saying every critical thought.
- **Soften "Start Up"** - Bring up problems gently and without blame.
- **Accept Influence** - How well are you accepting sudden changes?
- **Have High Standards** - Have a level of tolerance for bad behavior.
- **Repair and Exit Arguments** - Happy couples know how to repair the situation before an argument gets completely out of control.
- **The Bright Side** - Say positive statements to and about each other.

WHEN/WHERE:

Wednesday March 18, 2009 ~ 6:30pm - 9pm (4 week course)

Blomquist Hale Consulting Offices

860 E. 4500 S. Suite 202, Salt Lake City, UT

\$125 - Normal tuition. Tuition waived to employees and employee dependents covered through Blomquist Hale EAP program through employer.

SIGN UP: Email stevej@blomquisthale.com
or call Blomquist Hale Consulting today.

801-262-9619

*'Dr. Gottman's
philosophies on
relationships are easy
to understand and the
simple changes have
helped our marriage.'*



 **BLOMQUIST HALE**
CONSULTING
EMPLOYEE ASSISTANCE PROGRAM (EAP)
WWW.BLOMQUISTHALE.COM

PARENT TRAINING PROGRAM

Valuable Insight on How to be a More Effective Parent.

You love your children. Yet, at times the role of a parent has challenges.
The **Parent Training Program** is based on values & studies that give results.

Value 1: Respect - Parent and Children need to show a level of respect.

Value 2: Empathy - Be aware of the needs of others and take positive action.

Value 3: Personal Power - Children need opportunities to make good choices.

Value 4: Discipline - Parents need to create an effective discipline model.

Value 5: Humor - Promote happiness and laughter.

The Parent Training Program will help you learn to:

- **Develop a Behavior Management Plan**
- **Provide Clear, Consistent Expectations**
- **Set up Effective Discipline Systems**
- **Assist Child with Social Issues**
- **Identify Strengths and Develop Self Esteem**
- **Develop "Special Time"**

WHEN/WHERE:

March 19 & 26, 2009 ~ 6pm - 8pm

Blomquist Hale Consulting Offices

860 E. 4500 S. Suite 202, Salt Lake City, UT

\$99 - Normal tuition. Tuition waived to employees and employee dependents covered through Blomquist Hale EAP program through employer.

*'Sometimes
the smallest changes
in parenting
techniques have the
greatest impact.'*



SIGN UP: Email mhl@blomquisthale.com
or call Blomquist Hale Consulting today.

801-262-9619

 **BLOMQUIST HALE**
CONSULTING
EMPLOYEE ASSISTANCE PROGRAM (EAP)
WWW.BLOMQUISTHALE.COM

FINANCIAL PEACE WORKSHOP

13-Week Financial Peace University

Learn how to lower your debts, increase savings and live a better life. This program will teach you how to **save money, reduce debt** and **create positive cash flow** so you can start building wealth. Each class features an entertaining one-hour video lesson by best-selling author Dave Ramsey followed by a one-hour group discussion. Spouses and other family members are encouraged to attend with you.

WHAT: Financial Peace University courses are free to attend.

However, to get the full impact of what the course offers it's recommended to purchase an accompanying kit available for \$99. This kit contains valuable reading materials, CD's and forms that coincide with the 13-week course.

WHEN/WHERE:

September 2009 ~ (Exact date to be determined.)

Blomquist Hale Consulting Offices

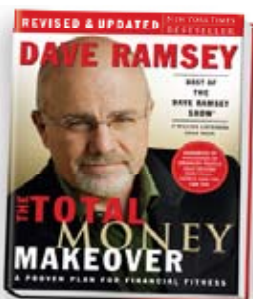
860 E. 4500 S. Suite 202, Salt Lake City, UT

Other courses locations and dates available. Call for details. Free to attend.

This is a 13 week course and at the close of the course a new session will begin.

SIGN UP: Email char@blomquisthale.com for details or call Blomquist Hale Consulting today.

801-262-9619



 **BLOMQUIST HALE**
CONSULTING
EMPLOYEE ASSISTANCE PROGRAM (EAP)
WWW.BLOMQUISTHALE.COM